



### **Hypocholesterolemic Effect of Barley Foods on Healthy Men**

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#### **Abstract**

Fourteen healthy men 35 years old were randomly given a barley or 75% wheat/25% wheat bran diet supplement in their normal diets for 28 days. Barley and wheat foods provided 42 g of estimated total dietary fibre daily. Subjects who consumed wheat had significantly increased serum total cholesterol and low-density lipoprotein (LDL) cholesterol compared with pre-treatment values. Barley subjects who had average pretreatment values had no significant effects, but for those subjects who had higher pretreatment values, total and LDL cholesterol values were reduced. A regression model for predicting the effects of wheat and barley diets based on pre-treatment values is presented. Type of dietary fibre, soluble or insoluble, and concentration of serum cholesterol are considerations in predicting the degree of hypocholesterolaemic effect of cereal grains.